



AIR QUALITY ACTION GUIDE

Your “how to” guide
for cleaner air

Air Quality Rating	Steps to Protect Your Health and Our Environment
GOOD 0-50	Enjoy the great outdoors
MODERATE 51-100	Some Pollution – poses risk to the highly sensitive <ul style="list-style-type: none">• Carpool, use public transit, bike, or walk• Limit driving, consolidate trips• Reduce car idling
UNHEALTHY for Sensitive Groups 101-150	Pollution levels harmful to children, the elderly, and anyone with respiratory or heart conditions – limit activity outdoors <ul style="list-style-type: none">• Follow all action steps above• Refuel after dusk, use fuel-efficient vehicles• Avoid driving, use transit, telework• Avoid using aerosol products
UNHEALTHY 151-200	Pollution levels harmful to all – sensitive groups should avoid outdoor activities, others should limit outdoor exertion <ul style="list-style-type: none">• Follow all action steps above• Avoid using any gas-powered equipment• Wait to paint until air quality improves
VERY UNHEALTHY 201-300	Pollution levels very unhealthy for everyone – avoid any physical activity outdoors

Visit cleanairpartners.net to get your daily air quality forecasts and discover simple steps you can take each day to protect your health and our environment.